

It's a love/hate relationship

I've often wondered about the time change we go through. Why change the clocks for part of the year so it stays lighter longer in the evening. This really does nothing to the amount of light we actually received during the day, just how much we are awake for. For me, I wouldn't mind if they just kept the time the same all year round.

I like the fact that I have a little more daylight to do somethings after work, but my astronomy hobby doesn't like the fact that it takes so long to get dark. I sometimes like not having to drive into the sunrise in the morning, but give it a few weeks and I'll be driving into the sunrise a second time this year. That actually makes 4 times a year that the sun is coming in so lo that the visor doesn't help, too bright for no sunglasses, but not bright enough for my dark pair. I don't want to miss the deer that like the dawn to move from place to place.

And I often wonder, why am I more tired during this week. Getting up an hour earlier? I don't get any less sleep, but then again I don't get anymore. But I get tired earlier too. Is it all in my head? Probably that is it. That is where all my sleep problems lie.

So, until next November we have daylight savings. I know it never saved me any daylight. I get up when I please, or when the alarm rings, and stay up until all hours. Heck, I work most of the sunlight away anyway, in my dark windowless cubical...